HIGH RED BELT

(Tested High Red to Brown)

Physical Requirements:
1) ATTENDANCE
   A) Minimum of 50 classes
   B) Attend a minimum of two sparring classes per month

2) HAND TECHNIQUES
   A) Double low knife hand block
   B) Upper palm block
   C) Scissor block
   D) Low "X" block
   E) High "X" block
   F) Spread block
   G) Side back fist strike
   H) Double middle uppercut punch
   I) Grab head – knee strike combination
   J) All previous hand techniques

3) KICKS
   A) 360° back kick
   B) Counter roundhouse kick
   C) All previous kicks

4) KICKING SEQUENCES
   A) Roundhouse kick, butterfly kick, jumping spinning hook kick
   B) Roundhouse kick, roundhouse kick, counter roundhouse kick, counter roundhouse kick
   C) Roundhouse kick, counter roundhouse kick, skipping front leg low/high double roundhouse kick

5) STANCES
   A) Tiger stance
   B) All previous stances

6) FORM
   A) Taeguk Chil Jang
   B) All previous forms (Adults Only)

7) IL BO GYORUGY (1-STEP SPARRING)
   A) Number 1
      i) Step with right foot/left hand reverse single middle knife hand block/right hand knife hand neck strike/move right leg behind the opponent's right leg/sweep/kneel down to punch face
   B) Number 2
      i) Step with right foot across the attacker's body so your right foot is behind the attacker's right foot/right hand inside middle block/spin to your left/left hand elbow strike to stomach/left hand back fist strike to face/(if necessary adjust your right leg so it is behind the attacker's right leg in a position to sweep)/sweep/kneel down to punch face
HIGH RED BELT
(Testing High Red to Brown)

Physical Requirements continued:
8) IL BO GYORUGY (1-STEP SPARRING) CONTINUED
   C) Number 3
      i) Step to left with left foot/right hand reverse single middle knife hand block/left hand
         punch to ribs/step behind with left leg and "clothes line" take down/kick attacker with a back or
         side kick

9) OLYMPIC SPARRING

10) FALLING AND ROLLING
    A) Front shoulder roll from the ground
    B) Backward shoulder roll from the ground

11) SELF-DEFENSE
    A) Cross arm grab on shoulder from behind (thumb to outside)
       i) Grab attacker's hand. Inside middle block to elbow.

    B) Straight arm grab on shoulder from behind (thumb to inside)
       i) Grab attacker's hand. Spin to outside while bringing free arm over attacker's arm. Palm
          strike behind shoulder and follow through to force to the ground.

    C) Double hand grab from behind (one hand on each shoulder)
       i) Lift arms above head. Spin fast. Punch to throat.

    D) All previous self defense techniques

12) BOARD BREAKING
    A) Jumping back kick or master's choice

13) STRENGTH TEST
    A) 20 pushups
    B) 20 situps
HIGH RED BELT

(Testing High Red to Brown)

Mental Requirements:
1) ESSAY: How Taekwondo has changed my life. (1 page, typed and double spaced)

2) WHAT IS THE MEANING OF THE HIGH RED BELT?
   • The high red belt represents volcano – fire creating earth. SIR/MA’AM!

3) WHAT IS THE MEANING OF TAEJEUK CHIL JANG?
   • The seventh Taeguks form signifies mountains. SIR/MA’AM!

4) WHAT ARE THE FIVE VIRTUES OF A LEADER?
   • Intelligence
   • Trustworthiness
   • Humaneness
   • Courage
   • Sternness

5) WHAT MAKES YOU A LEADER IN THE FOLLOWING SETTINGS:
   • At home?
   • At school/work?
   • At Taekwondo?

6) KOREAN TERMINOLOGY
   • 360º Back kick – Sam Beck Yougshi-Ti Chaggie
   • Counter roundhouse kick – Bada Chaggie

7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
   • 360º Back kick – Bottom of the heel
   • Counter roundhouse kick – Instep (top)

8) WHAT IS THE KOREAN WORD FOR FORM?
   • Poomse (poom – say)

9) IDENTIFY ESSENTIAL COMPONENTS TO PERFORMING POOMSE.
   (see introduction section of the manual, page 5)

10) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE
    SKILL CONCEPT. (Children only)

11) ALL PREVIOUS MENTAL REQUIREMENTS
Taegeuk Chil Jang

1. 2. 3. 4. 5. 6. 7.

8. 9. 33. 34.

10. 11. 12. 13.

14. 15. 16. 17.

18. 19. 20. 21.

22. 23. 24. 25. 26. 27. 28. 29.